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TESTIMONY ON BILL 972 -- AN ACT PROTECTING MINORS FROM THE HEALTH RISKS ASSOCIATED WITH THE USE OF TANNING DEVICES.

Chairs Senator Andrea Stillman, Representative Betsy Ritter, and Members of the Public Health Committee:

My name is Nancy Alderman, I live in North Haven, Connecticut. I am President of Environment and Human Health, Inc., (EHHI) a non-profit organization comprised of nine members who are physicians and public health professionals

Environment and Human Health, Inc. is in strong support of Bill 972

This is a very important Bill, which if passed into law will strengthen the existing Connecticut regulations on tanning beds - and will place Connecticut's tanning bed regulations in line with other states. As well, passage of this Bill will better reflect the irrefutable science that links tanning bed use to developing the most dangerous kind of skin cancer - melanomas.

Tanning beds have now been ranked alongside cigarettes, arsenic and asbestos as posing the greatest threat of cancer to humans, according to the International Agency for Research on Cancer, which is part of the World Health Organization. Tanning beds in tanning salons have been moved to the highest cancer risk category and labeled as "carcinogenic to humans. "

Research published in the The Lancet Oncology Medical Journal found that using tanning beds could increase the risk of developing cancer by 75 percent, particularly if used by children and young adults. The direct quote is, "The risk of skin melanoma is increased by 75 percent when use of tanning devices starts before 30 years of age." This Bill will address a portion of that population.

The section of this Bill that is so very important is the requirement that the parent – not the minor – must read the risks of using a tanning bed before he or she signs the consent form. This is critical – as teenagers always think they are indestructible and that they will live forever – no matter what. Parents are far more protective of their children's health.

Connecticut presently only requires children 16 and under to bring written consent from a parent or guardian when they visit a tanning salon. The parent does not have to accompany them, and who knows who has really signed the consent form? This is clearly not adequate to protect teenagers -- and is a weaker regulation than is in many states. Connecticut must do more. If we do not – not only will we not be protecting

young people from a known cancer risk – we will also be paying the high costs of the health care for all those young people who develop melanomas from their tanning bed use.

The Science Between Tanning Bed Use and Melanomas

The International Agency for Research on Cancer (IARC) cited the group's own research analysis published in 2009, finding the use of tanning beds before age 30 to be associated with a 75% increase in melanoma risk.

<http://www.webmd.com/skin-problems-and-treatments/news/20090728/who-tanning-beds-cause-cancer>

The American Cancer Society recommends people avoid tanning beds.

"This new report confirms and extends the prior recommendation of the American Cancer Society that the use of tanning beds is dangerous to your health, and should be avoided," says Len Lichtenfeld, MD, deputy chief medical officer of the American Cancer Society. "Young women in particular are the heaviest users of tanning beds, and, as noted in the report, are at the greatest risk of causing harm to themselves."

The report also puts to rest the argument that tanning with UVA light is safe, Lichtenfeld says.

"Previously, the cancer-causing effects of ultraviolet light were thought to be primarily related to UVB, or ultraviolet B radiation. This new report now extends the cancer-causing effects of solar or sun-related radiation to UVA light, as well," he says. In the past 30 years, the IARC has evaluated the cancer-causing potential of more than 900 likely candidates, placing them into one of five groups, with Group 1, carcinogenic to humans, being the highest risk.

For more information on carcinogens and how they are classified, see our document, Known and Probable Carcinogens. For information on how you can lower your risk of skin cancer, see Sun Safety 101 and Skin Cancer Prevention and Early Detection.

Reviewed by: Members of the ACS Medical Content Staff

<http://www.cancer.org/cancer/news/news/study-links-tanning-bed-use-to-increased-risk-of-melanoma>

World Health Organization: Tanning Beds Cause Cancer

Indoor Tanning Causes Melanoma, Report Shows

By Salynn Boyles WebMD Health News Reviewed by Brunilda Nazario, MD

July 28, 2009 - A leading global cancer research group is declaring tanning bed use a significant cancer hazard. The World Health Organization's International Agency for

Research on Cancer (IARC) announced today that it has moved UV tanning beds to its highest cancer risk category -- "carcinogenic to humans."

Prior to the move, the group had classified sun lamp and tanning bed use as "probably carcinogenic to humans."

In an interview with WebMD, the IARC's Vincent Coglianò, PhD, called the scientific evidence linking indoor tanning to the deadly skin cancer melanoma "sufficient and compelling."

A dramatic rise in melanoma, especially among young women, has been seen in recent years. Coglianò said studies conducted over the past decade provide an "abundance of evidence" that tanning bed use has played a role in this rise, along with direct sun exposure. "People mistakenly see a tan as a sign of health when it is actually a sign of damage to the skin," he says.

UVA and UVB Cause Cancer

Coglianò says the IARC group met last month to review the research on tanning beds and the role ultraviolet light exposure plays in skin cancer.

The studies found that ultraviolet A (UVA), ultraviolet B (UVB) and ultraviolet C (UVC) radiation all cause cancer in animal models, he says.

This is significant because the indoor tanning industry has often claimed that tanning beds are safe because the bulbs have more UVA radiation than UVB, says American Cancer Society Deputy Chief Medical Officer Len Lichtenfeld, MD.

"This report puts to rest the argument that tanning with UVA light is safe," Lichtenfeld said in a statement. "As noted by the IARC report, UVA light is also a class I carcinogen and should be avoided."

The report cited the group's own research analysis published in 2006, finding the use of tanning beds before age 30 to be associated with a 75% increase in melanoma risk.

A separate study reported last July by researchers from the National Institutes of Health found that melanoma rates among young women in the United States almost tripled between 1973 and 2004.

Beginning in the early 1990s, a particularly dramatic increase was seen in thicker and more lethal melanoma lesions, leading the researchers to conclude that tanning has probably played a significant role in this increase.

Early this year, researchers from the Northern California Cancer Center reported that melanoma cases doubled in the U.S. between the mid 1990s and 2004. The researchers concluded that the increase could not be explained by better screening and earlier detection of the cancer.

About 62,000 new cases of melanoma were diagnosed in the U.S. and about 8,000 people died of the disease in 2008, according to the ACS.

"We were not able to examine possible causes for this increase, but there is a lot of evidence that it is related to tanning," Clarke tells WebMD.

Study co-author Eleni Linos, MD, DrPh, of Stanford University, points to studies showing increases in outdoor and indoor tanning in recent years, especially among young women.

"One of the established risk factors for melanoma is UV light, so both exposure to sun and exposure to tanning beds are probably risk factors."

<http://www.webmd.com/skin-problems-and-treatments/news/20090728/who-tanning-beds-cause-cancer>

American Academy of Dermatology -- Risks of indoor Tanning

The Academy's Position Statement on Indoor Tanning

(1) The American Academy of Dermatology Association (AADA) opposes indoor tanning and supports a ban on the production and sale of indoor tanning equipment for non-medical purposes.

(2) The American Academy of Dermatology supports the WHO recommendation that minors should not use indoor tanning equipment because indoor tanning devices emit UVA and UVB radiation, and because overexposure to UV radiation can lead to the development of skin cancer.

(3) Unless and until the FDA bans the sale and use of indoor tanning equipment for non-medical purposes, the Academy supports restrictions for indoor tanning facilities, including:

No person or facility should advertise the use of any UVA or UVB tanning device using wording such as "safe," "safe tanning," "no harmful rays," "no adverse effect," or similar wording or concepts.

The American Academy of Dermatology's Fact Sheet on the Risks of Indoor Tanning

* The United States Department of Health and Human Services and the International Agency of Research on Cancer panel has declared ultraviolet (UV) radiation from the sun and artificial sources, such as tanning beds and sunlamps, as a - known carcinogens

(cancer-causing substances).

* Indoor tanning equipment, which includes all artificial light sources, including beds, lamps, bulbs, booths, etc., emits UVA and UVB radiation. The amount of the radiation produced during indoor tanning is similar to the sun, and in some cases might be stronger.

* Studies have found a 75 percent increase in the risk of melanoma in those who have been exposed to UV radiation from indoor tanning.

* Evidence from several studies has shown that exposure to UV radiation from indoor tanning devices is associated with an increased risk of melanoma and non-melanoma skin cancer, such as squamous cell carcinoma and basal cell carcinoma.

* Studies have demonstrated that exposure to UV radiation during indoor tanning damages the DNA in the skin cells. Excessive exposure to UV radiation during indoor tanning can lead to premature skin aging, immune suppression, and eye damage, including cataracts and ocular melanoma.

* Indoor tanning beds/lamps should be avoided and should not be used to obtain vitamin D because UV radiation from indoor tanning is a risk factor for skin cancer. Vitamin D can be obtained by eating a healthy diet and by taking oral supplements.

* In a recent survey of adolescent tanning bed users, it was found that about 58 percent had burns due to frequent exposure to indoor tanning beds/lamps.

The FDA estimates that there are about 3,000 hospital emergency room cases a year due to indoor tanning bed and lamp exposure.

http://www.aad.org/media/background/factsheets/fact_indoortanning.html

Thank you for your attention to this Bill,

Nancy Alderman, President
Environment and Human Health, Inc.
February 23, 2011